

# Child and Family Combined Health/Risk Checklist

Name: \_\_\_\_\_ Age: \_\_\_\_\_ DOB: \_\_\_\_\_ Date: \_\_\_\_\_

## Scoring Instructions and Procedures

It has been determined that rating the status of each of the following areas according to the specific directions given will help show the relationship between each division, and combine together in contributing to a health/illness or Health/Risk outcome.

Ratings are 0-3 with the higher number signifying greatest severity, consequences or where more supports or resources may be required.

**Please circle the most appropriate response and add the numbers at the end of the document.**

### **1. Chronic Health Conditions**

(Poor vision, hearing, significant dental, genetic syndromes, significant medical/mental illness history and diagnoses, requiring special treatments, multiple medication or hospitalizations)

0=None    1=Mild, Well-managed    2=Moderate, Some control    3=Severe, Poor Control

**If Multiple Co-occurring Chronic Conditions, double points = 6**

### **2. Problems with Development**

Low muscle strength, motor tone, coordination, learning, memory, thinking, talking, listening skill deficits

0=None    1=Mild/Few    2=Moderate Effects    3=Severe/Functional Impacts

### **3. Body Functioning**

(Problems with toileting, sleeping, pain, somatic complaints, breathing, stamina and vitality, activity levels, sense of body well being, vs sick a lot)

0=None    1=Mild, Managed Symptoms    2=Moderately Unmanaged    3=Severe, Disrupting Symptoms

### **4. Growth and Nutrition**

(Concerns over appetite, eating and dentition, obesity, short stature, failure to thrive, unusual features of head, face or hands)

0=NA    1=Mild Structure Changes    2=Moderate Limitations    3=Severe Structure & Function Limits

### **5. Deficiency in Instrumental Health Assets**

(Lacking providers for health, dental and/or health insurance, no school health plan, no immunizations and/or no transportation, housing or food)

0=Mostly Present    1=Some    2=Sparse Services    3=Totally Lacking

## **6. Environmental Risks**

(Poverty, any minority status, single parent, lacking in social support, family dysfunction as, violence, family depression and mental illness, substance abuse, abuse-trauma, poor physical environment, school and medical appointments absences, bullying, court involvement)

0=Little Impact    1=Mild Impact    2=Moderate Strains    3=Overwhelming

## **7. Impact of Health/Illness Factors on Getting Through the Day**

(Self-Help, daily function, coping, work and play, handling feelings, social relations, regulating behaviors, with caregiver-attachment, siblings, family and friends)

0=NA    1=Little Effects    2=Modest Impact    3=Large Effects on Functioning

## **8. Global Combined Life-Stress on Family (cumulative over time)**

0=NA    1=Little Effect    2=Modest Impact    3=Large Effect on Functioning

## **9. Barriers to Resource Access**

(Low motivation, poor access, compromised services, difficult care coordination, among providers, economic stresses, eligibility limitations, cultural factors, and communication hurdles)

0=Average    1=Some    2=Increasing Barriers    3=Many Barriers

## **10. Poor Meaningful Understanding of the Health-Illness Experience**

(Lacking information, self understanding, and religious explanations, confusion about illness and its effects on esteem and identity, poor doctor-patient relations, meaningless facts and negative attributions, stories of helplessness and hopelessness)

0=Insight    1=Making Some Sense    2=increasing Confusion    3=Disorganized Beliefs About Illness

### **Totals:**

20-30= **High**    (    ) – collaboration with core team consideration  
10-19= **Medium**    (    ) - health plan/ consultation/ basic care coordination  
1-9= **Low**    (    ) – routine care

*(Clients with scores in the higher numbers require timely response and someone to access and manage the medical case—especially if urgent. However, significant elective areas can be addressed by such health consultants as a nurse on the team or by a referral to a current medical provider.)*

Besides using this Combined Health/Risk Checklist, a caregiver may also want to use information on this web site under For Professionals – Our Practices - Part II - Biological Systems Affecting Special-Needs Children. See also Nursing Checklist and/or Guidelines for Physician Evaluations.

(An alternative though more complex health/risk stratification diagnosis and care plan is available through Intermountain Health Care at [www.ihc.com/clinicalprograms/](http://www.ihc.com/clinicalprograms/) by clicking on Mental Health Integration and the Primary Care Guide)